



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Jödecke, Simon

Number: 852

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 50:50

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 65 (of 210)

Rank in course/Men: 53 (of 132)

Best time in course: 33:33

Rank in category: 8(of 17)

Best time in the category: 38:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	26:16	6:24	9	6:51	59	9:56	4.10	26:16	6:24	9	6:51	59	9:56
Loddenke	2.20	9:47	4:26	7	2:18	43	3:02	6.30	36:03	5:43	8	9:09	57	12:56
Ilseburg/Markt	3.30	14:47	4:28	7	3:08	47	4:21	9.60	50:50	5:17	8	12:17	53	17:17